

7 Principles of Successful Relationships

ACCORDING TO DR. GOTTMAN

1 Enhance your knowledge of your partner

IF YOU DON'T ALREADY KNOW EVERYTHING ABOUT YOUR PARTNER, SPEND TIME LEARNING OR RE-LEARNING WHAT YOUR PARTNER'S LIFE DREAMS, FAVORITE THINGS, AND CURRENT WORRIES.

2 Nurture admiration and gratitude

YOU EXPRESS YOUR ADMIRATION FOR YOUR PARTNER AND THEY KNOW HOW MUCH YOU APPRECIATE THEM.

3 Let Your Partner Influence You

YOU SHOULDN'T MAKE IMPORTANT LIFE DECISIONS WITHOUT YOUR PARTNER BEING INVOLVED

4 Go to Your Partner When You're stressed

YOU WANT YOUR PARTNER TO BE THE ONE YOU GO TO WHEN YOU NEED SOMEONE TO TALK/VENT TO

5 Solve Your Solvable Problems

PEOPLE IN RELATIONSHIPS ARE GOING TO HAVE PROBLEMS, THATS JUST BEING HUMAN. SOLVE THE PROBLEMS THAT YOU CAN, & UNDERSTAND THAT THERE WILL ALWAYS BE PROBLEMS TO WORK OUT

6 Overcome Gridlock

THE UNDERLYING ISSUES WITH PROBLEMS THAT CONTINUE LONG TERM ARE OFTEN RELATED TO UNFULFILLED DREAMS. TALK ABOUT THOSE DREAMS WITH THE GOAL OF MAKING PEACE WITH THE ISSUE

7 Create Shared Meaning

DEVELOP RITUALS/TRADITIONS THAT HELP STRENGTHEN YOUR BOND WITH YOUR PARTNER

The Smart Lioness